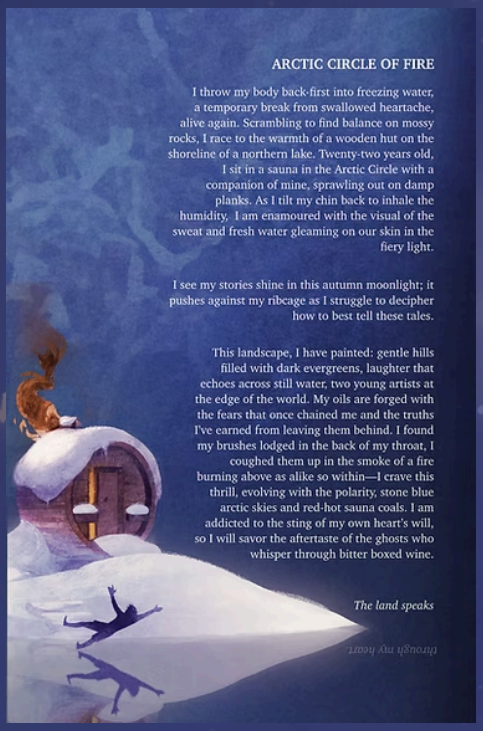
ARCTIC CIRCLE OF FIRE
I throw my body back-first into freezing water, a temporary break from swallowed heartache, alive again. Scrambling to find balance on mossy rocks, I race to the warmth of a wooden hut on the shoreline of a northern lake. Twenty-two years old, I sit in a sauna in the Arctic Circle with a companion of mine, sprawling out on damp planks. As I tilt my chin back to inhale the humidity, I am enamoured with the visual of the sweat and fresh water gleaming on our skin in the fiery light.
I see my stories shine in this autumn moonlight; it pushes against my ribcage as I struggle to decipher how to best tell these tales.
This landscape, I have painted: gentle hills filled with dark evergreens, laughter that echoes across still water, two young artists at the edge of the world. My oils are forged with the fears that once chained me and the truths I've earned from leaving them behind. I found my brushes lodged in the back of my throat, I coughed them up in the smoke of a fire burning above as alike so within—I crave this thrill, evolving with the polarity, stone blue arctic skies and red-hot sauna coals. I am addicted to the sting of my own heart's will, so I will savor the aftertaste of the ghosts who whisper through bitter boxed wine.
The land speaks

Alterlife is a fully illustrated poetry collection that explores ghosts and the afterlife as metaphors for personal trauma. Written over many years of the author's life, the poems weave a story of introspection, recovery, and perseverance that crosses the wilderness of both the American West and Scandinavia. Sweeping landscapes, ecosystems, and natural phenomena are set in parallel to PTSD, self-destructive tendencies, and traumatic memory. Each poem in *Alterlife* is accompanied by an evocative illustration; several feature unique formatting which blends prose & picture together to say more than each could alone.

Alterlife

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Format & Content Warnings

Alterlife is very image-heavy, thus the .pdf format. For the intended visual impact, we recommend reading the .pdf set to viewing **Even Spreads.**

The book also deals with some heavy themes & imagery. Individual pages touching on these subjects are marked in the table of contents:

Self-harm tendencies
Suicidal ideation
Blood and gore
Sexual assault
PTSD/flashbacks
Coercion

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